

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

Department of Community Resources and Services

Volume 7, No. 8 • August 2017

Regular Dental Care is Essential for Healthy Aging

Dental care is an important part of overall health for everyone. For older adults, poor oral health can lead to heart disease and exacerbate chronic conditions like diabetes. In addition, tooth decay and loss makes eating and speaking more difficult, can lead to poor nutrition, and can cause embarrassment, leading to depression and social isolation.

To maintain healthy teeth and gums, older adults need to practice daily oral hygiene and have access to routine preventive visits with a dentist. There are a number of concerns that deter many adults from receiving routine dental care, from physical limitations and cognitive decline to financial challenges and transportation issues. Unfortunately, more than one-third of older Americans say they have not visited a dentist in the past year, specifically citing cost, fear or lack of transportation as the reason.

The federal government estimates that 70 percent of seniors lack dental insurance. Research has shown that seniors who have such coverage are far more likely to go to the dentist, yet the fact is Medicare does not provide coverage for oral health services, and many people lose their dental insurance after retirement.

Stand-alone dental insurance plans are often expensive, with high deductibles and inadequate coverage. Unable to afford the cost of root canals and crowns, many older adults are more likely to have damaged or decaying teeth pulled. In Maryland, a 2014 Oral Health Survey estimated that 2 in 3 adults age 65 and older had lost six or more natural teeth; nationwide, nearly 1 in 5 Americans older than 65 do not have a single natural tooth left.

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Furthermore, estimates put the number of emergency room visits for dental issues at two million in 2016 – at a cost of 1.6 billion! In Howard County, the Office on Aging and Independence (OAI) used 40 percent of the emergency funds available through the Vivian Reid Community Fund – \$25,000 in 2016 – to cover the dental needs of about 125 older adults.

With these sobering facts in mind, OAI has spearheaded a County initiative to provide dental services to vulnerable adults who would not otherwise have access to quality, affordable dental treatment, and to remove barriers for them to access future care. The first Howard County Dental Screening Fair will be held on Saturday, September 9, 10 a.m. to 3 p.m. at the North Laurel Community Center, 9411 Whiskey Bottom Road in Laurel.

The event, held in partnership with local health organizations and sponsored by dental practitioners and suppliers, will have the

capacity to screen up to 100 adults age 18 and older for high blood pressure and oral cancer; address general tooth and gum-related concerns; and register those who need follow-up or future treatment. In addition, there will be information to help navigate insurance eligibility and enrollment; classes on nutrition, flossing and oral hygiene; and assistance with transportation and other services. Vouchers and dental scholarships for follow up treatment and give-away bags with dental hygiene products will also be provided.

For more information on the upcoming dental fair, contact Miriam Bennett at 410-313-6028 or mbennett@howardcountymd.gov.

Howard County Launches “Achieve 24/7” Initiative



Photo by Scott Kramer

In July, Howard County Executive Allan H. Kittleman joined the Department of Community Resources and Services (DCRS) and community partners to launch “Achieve 24/7,” an initiative to increase opportunities for all Howard County children and youth to succeed.

At the launch event, Kittleman announced the first pilot program to be rolled out under **Achieve 24/7 — the “Weekend Warrior Snack Pack”** — a summer food program based at Stevens Forest Elementary and Harper’s Choice Middle School to supplement the Howard County Public School System’s summer lunch program. Every Friday through September 1, the county’s Roving Radish healthy meals program will distribute free backpacks of nutritious foods to youth under age 18 to take home for the weekend. For more information, contact DCRS’ Office of the Local Children’s Board at 410-313-6400 (voice/relay).

How to Avoid Lottery and Sweepstakes Scams

By Rebecca Bowman, Administrator
Howard County Office of Consumer Protection

Winning a sweepstakes or lottery may seem like a dream come true. But, that dream can turn into a nightmare if you become the victim of a bogus sweepstakes or lottery.

How Scammers Take Your Money

You receive a notice that you have won a large sum of money in a sweepstakes by mail, telephone or e-mail or through a social media site like Facebook. But, before you can collect, you must pay taxes or a processing fee. The notice may include a check which represents part of your winnings that you can use to cover the taxes and/or fees. You are told to deposit the check and then pay the taxes/fees by wire transfer, prepaid debit card, check or money order. You later learn that the check you deposited was fake and your money is long gone.

Alternatively, you may be notified of your good luck by phone; the caller asks for your bank account information so that your prize can be deposited directly into your account. But, instead of depositing money, the con artists empty your account.

How To Avoid Sweepstakes Scams

- Be wary whenever you get an unsolicited offer from someone you don't know.
- If you didn't enter a contest or sweepstakes, you didn't win!
- Don't let yourself be rushed into paying money or providing personal information before you've had time to think. Take your time and talk to someone you trust first.
- Never pay to collect a prize. Legitimate sweepstakes pay you money, they don't ask you to pay.
- Taxes on real sweepstakes winning are paid directly to the IRS, not a third party.
- Sending money by wire transfer, money order or pre-paid card is like paying cash. These payment methods are impossible to trace and cannot be reversed.
- Foreign lotteries are illegal in the US; do not participate!

There are no winners in the fraud game; remember, if it sounds too good to be true, it probably is. If you have questions or want to report a scam, contact the Howard County Office of Consumer Protection at 410-313-6420 or consumer@howardcountymd.gov.

For more information on this or other consumer topics, or to request this publication in an alternative format, contact the Howard County Office of Consumer Protection at 410-313-6420 (voice/relay).



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This publication is available in alternate formats upon request. To join our subscriber list, email kahenry@howardcountymd.gov

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410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on [www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

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Living Well with Hypertension

St. John Baptist Church

9055 Tamar Drive, Columbia 21045

10:00 AM – 12:30 PM

Saturday, August 19

Living Well: Take Charge of Your Health

A six-week, evidence-based, self-management program

Christ Memorial Presbyterian Church

6410 Amherst Avenue, Columbia 21046

SUNDAYS • 11:30 AM – 2:00 PM

Sept. 17, 24 • Oct. 1, 8, 15, 22

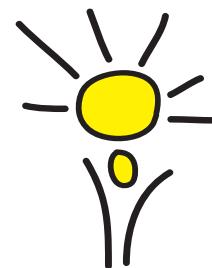
\$28 includes 15 hours of workshops and all materials

To register or for more information:

JEN LEE

jlee@howardcountymd.gov

410-313-5940 (VOICE/RELAY)



howardcountymd.gov/livingwell

Medicare Education

FREE Information Presented by SHIP

Medicare 101 – What You Can Expect

Wednesday, August 2 • 10:00 – 11:30 AM

Learn how Medicare Parts A (hospital), B (medical) and D (prescription drug) work, what the benefits are, and when to make decisions related to your coverage.

Medicare 102 – Why Medicare Isn't Enough

Wednesday, August 9 • 10:00 – 11:30 AM

Learn about Medicare Part C/Health Plans and Supplement Policies (Medigap Plans); how to cover the gaps (out of pocket expenses); how plans are priced; the best time to enroll; and how to protect yourself from Medicare fraud.

Using Medicare's Plan Finder

Wednesday, August 16 • 10:00 – 11:30 AM

Learn how to use the Plan Finder tool on Medicare.gov to compare and review Medicare prescription drug plans available to you.

Ellicott City 50+ Fitness Center

9401 Frederick Road, Ellicott City 21043

Register at 410-313-7389



www.howardcountymd.gov/SHIP

Be a FRIEND of the 50+EXPO!

Sign Up TODAY to Receive Your FRIEND OF THE EXPO Gift Package!

- One **RESERVED** seat for "The Capitol Steps" (11 AM)
- One **ADMISSION** ticket to the 50+EXPO!
- One **EXCLUSIVE** "Friends" raffle ticket for a grand prize basket of goodies!
- A "Friends" **RECOGNITION** badge to wear at EXPO!
- Only \$20/person

A portion of the proceeds from **Friends of the EXPO** will benefit the Vivian Reid Community Fund.

Thank you for your support!

Become a **Friend of the EXPO** today!

Contact Jeanne Davis at 410-313-6410 or jwhitedavis@howardcountymd.gov



www.howardcountymd.gov/50plusexpo

Don't Miss the 2017 Howard County 50+EXPO!

Friday, October 20
9 am - 4 pm

Wilde Lake High School
5460 Trumpeter Road, Columbia, MD 21044

Preparedness
Information
Education

\$1 ADMISSION

to benefit the Vivian Reid Community Fund

- 170+ Exhibitors
- Engaging Seminars
- Lively Entertainment
- Dynamic Presentations
- Flu Shots and Health Screenings
- Resources for All Stages and Ages



410-313-6410 (VOICE/RELAY)
www.howardcountymd.gov/aging

 #HoCoEXP017
facebook.com/HoCoCommunity

SENIOR DAY AT THE FAIR

Howard County Fair 2017

FREE ADMISSION for **ADULTS 62+**
Tuesday, August 8 • 10 am to 3 pm

VISIT the ACTIVITIES BUILDING
for FUN THINGS to DO... RAIN OR SHINE!

- Healthy Aging Programs
- County Services Information
- Demos and Entertainment
- Bingo, Games and Prizes

**JOIN US FOR
SOME FUN
AT THE FAIR!**



Howard County Office on
Aging and Independence
www.howardcountymd.gov/aging

Howard County 50+ Centers

CALENDAR HIGHLIGHTS

Go to www.howardcountymd.gov/50pluscenters for a complete list of events, programs and services.

AUGUST

sun	mon	tue	wed	thu	fri	sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Bain 50+ Center

Thursdays, August 3-24 • 1:00 to 3:00 p.m.

Summer Lecture Series: Social and Political History of the American Revolution

Instructor Roger G. Swartz will use the Continental Army as a case study to investigate the social and political history of the Revolution. \$43/person; register by July 31: 410-313-7213. Space is limited.

Tuesday, August 8 • 11:00 a.m. — Vial of Life Kit

In an emergency, you may be confused, in pain or unable to speak for yourself; the Vial of Life can speak for you. Pick up a free kit and learn how it works during an informal presentation. RSVP: 410-313-7213.

Friday, August 18 • 1:00 p.m. — Friday Afternoon Recital: The Works of Mendelssohn and Mozart

Join us for a concert featuring Amadi and Debby Azikiwe, a string and piano duo who perform throughout the U.S. FREE. RSVP: 410-313-7213.

East Columbia 50+ Center

Fridays in August • 11:00 a.m. to 2 p.m. — Intro to Mahjongg

Try your hand at Mahjongg, the Chinese tile game of skill, strategy and calculation (\$10 materials fee). Register: 410-313-7680.

Friday, August 18 • Noon — BBQ #3 on the Deck

Join us for our third summer BBQ! Drop by to escape the heat and play a few games. Lunch by donation; register: 410-313-7680.

Tuesday, August 15 • 1:00 p.m. — Plastic-Free August

Join our month-long challenge to live with less plastic. Stop by, learn how and share your experiences. FREE; register: 410-313-7680.

Elkridge 50+ Center

Temporary Location: 5660 Furnace Avenue, Elkridge 21075

Wednesday, August 2 • Noon — Celebrate Ice Cream!

Celebrate National Ice Cream Sandwich Day and enjoy a homemade ice cream sandwich. \$2/person. Register: 410-313-5192.

Monday, August 7 • 10:30 a.m. — International Meal Day

Join us for our first International Meal Day, showcasing food from all over the globe. First stop: India! Lunch by donation. Register: 410-313-5192.

Wednesday, August 23 • 11:00 a.m.

Creative Art with Joyce

Design, color and create your very own masterpiece. FREE. Register: 410-313-5192.

Friday, September 22 — Annual Crab Feast

Save the date! Tickets will go fast for this popular, sell-out event! Details will be posted in the September newsletter, online and at the center. For questions, call 410-313-5192.

Ellicott City 50+ Center

Wednesday, August 9 • 12:30 p.m. — Deux Eaux

Deux Eaux features vocalist Kelsey Shields and guitarist James Stivers, who will perform American song book standards, Latin and popular music from the past 50 years. FREE; register: 410-313-1400.

Wednesday, August 16 • 11:00 a.m.

Shoulder Health with Derik L. Davis, MD

A board-certified diagnostic radiologist, Dr. Davis' presentation will focus on shoulder health and rotator cuff dysfunction. FREE; register: 410-313-1400.

Tuesday, August 29 • 11:00 a.m.

Tech Day with Ellicott City Health & Rehab

Learn how to use social media and Bluetooth; pay your bills online and more. Bring your electronic device (smartphone, iPad, tablet or laptop) to get your tech questions answered. FREE. Sign up at the front desk.

Glenwood 50+ Center

Friday, August 4 • 11:00 a.m. — Seniorita Sunshine

Join us for a cabaret-style program featuring Hawaiian luau music by Seniorita Sunshine. FREE; register: 410-313-5440.

Friday, August 11 • 11:00 a.m.

Baltimore: The Good Old Days

Join us for Wayne Schaumburg's historic presentation on the bygone days of Baltimore. FREE; register: 410-313-5440.

Thursday, August 24 • 1:00 p.m.

Book Club: The Little Paris Bookshop

Join our new book club! This month, we will read and discuss "The Little Paris Bookshop" by Nina George. FREE; register: 410-313-5440.

North Laurel 50+ Center

Thursday, August 10 • 11:00 a.m.

Essential Oils for Digestion

Learn which essential oils support a healthy digestion and how to use them safely to strengthen your gut and health. FREE. Register: 410-313-0380.

Friday, August 25 • 11:00 a.m.

Summer Concert: The Mighty Kelltones

Join us for a concert of live Celtic, folk and contemporary music by The Mighty Kelltones, followed by a special lunch. \$3/person plus lunch contribution. Reserve your ticket: 410-313-0380.

Mondays • 9:00 a.m. — Mindful Mondays

This 45-minute fusion class combines gentle, guided meditation with light yoga stretches. Learn to live more fully, manage stress and cope with life's challenges. \$35/six classes. Register: 410-313-0380.



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